

**13 HOUR
MEDITATION ON AMERICA
MEDITATION WITH AMERICA
MEDITATION FOR AMERICA
WITH
SRI CHINMOY**

July 4, 1976

Starting 12:01 a.m.

**For Information, please call—
(212) 523-3471**

—The Meditation Will Be Conducted in Five Sessions—

12 a.m. — 3 a.m.

4 a.m. — 7 a.m.

**(All are encouraged to attend the official
New York City Sunrise Service, Battery Park, 8 a.m.)**

10 a.m. — 2 p.m.

3 p.m. — 5 p.m.

6 p.m. — 7 p.m.

————— IN HONOUR OF AMERICA'S BICENTENNIAL —————
TO INVOKE THE SPIRIT OF AMERICA WHICH WAS RESPONSIBLE
FOR OUR COUNTRY'S INDEPENDENCE.

You are cordially invited to join us during any or all of the sessions. Admission free. Promptness, clean and comfortable clothing and a small pillow are recommended.

Sri Chinmoy's disciples around the world will be joining us in this Independence Day birthday offering by holding a meditation in their own cities. If you are unable to attend, we would be grateful for your inner participation.

Question: What is the relationship between God and man?

Sri Chinmoy: God has a living Breath and the name of that Breath is man. Man has a living Goal and the name of the Goal is God. In God is man's satisfaction, achievement and fulfilment. Through man is God's Satisfaction, Achievement and Fulfilment. God needs man to manifest Himself totally on earth. Man needs God to realise the Highest.

**QUESTIONS OFTEN ASKED
SRI CHINMOY**

Question: What are some basic guidelines for meditation?

Sri Chinmoy: There are quite a few ways to meditate, but no matter whose path you follow, there is a general rule: You cannot allow your mind to be restless and agitated. You have to try to make the mind calm and quiet. If you can get help from the heart, then easily you will be able to control the mind. The heart gets assistance from the soul; and the soul has all light and power.

Question: How important is outer purity?

Sri Chinmoy: Outer purity is extremely important. If you keep your outer life clean, then it definitely adds to your inner awareness of Truth, Light and Bliss. The absorption of Light demands absolute sincerity and purity. Spiritual sincerity is constant inner sacrifice and outer sacrifice for the sake of self-perfection. Real inner purity is the constant remembrance of the Supreme, who is our Eternal Pilot. Purity is the vessel inside which we hold Peace, Light and Bliss from above.



Fifty-state lecture tour
Harvard University, 1974

Question: What does meditation do for a person?

Sri Chinmoy: Spirituality has a secret key to open the Door of the Divine. This key is meditation. Meditation simplifies our outer life and energises our inner life. Meditation gives us a natural and spontaneous life. Meditation tells us that our human life is a secret and sacred thing, and it affirms our divine heritage.



World Day of Prayer
United Nations, 1976

Question: How can I get rid of the feeling of inner emptiness?

Sri Chinmoy: There is quite a difference between inner emptiness and barrenness. What you mean is barrenness—the barrenness of your mental, vital and physical life. Barrenness can be got rid of only by a constant inner cry. You need a higher life, a better life, something that will really satisfy you. This need is not desire; it is the longing to do something good and become something divine to please God in God's own way.



Receiving Papal Medallion
from Pope Paul VI

Question: Do we have to remove all materialistic goals in order to meditate?

Sri Chinmoy: How we utilise the material life is what is of paramount importance. Matter, as such, has not done anything wrong to God; it is not anti-divine. It is we who use material things in the wrong way. We must enter into the material life with our soul's light. We have to feel that matter and spirit go together. Matter has to be the conscious expression of spirit. The material life has to be moulded and guided by the spirit. If the material life means expansion—the expansion of the heart, the expansion of love, rather than only of externals—then matter and spirit can easily go together.



With original cast of *The Sacred Fire*
(Sri Chinmoy's play dedicated to America)

Question: Could you speak of the role desire plays in the movement towards Self-realisation?

Sri Chinmoy: Our earthly journey starts with desire, and in the ordinary life we cannot live without it. But if we feel that we are not ready for the spiritual life because we have teeming desires, then I wish to say you will never be ready for the spiritual life. We have to start our journey here and now, even while we are walking along the path of desire. Slowly and unmistakably the Breath of God will come to the fore and transform our desire into aspiration.



Sri Chinmoy blesses the child
of one of his disciples

Question: How can one reconcile America's inner decay with her evolving spiritual awareness?

Sri Chinmoy: America's inner decay, to me, is not so grave nor so vital as it might seem. I take it to be a battle between darkness and Light. When we consciously open ourselves to the Light, inevitably all our unconscious weaknesses and limitations come forward to bar the way. The more the Light beckons us, the stronger become our unruly, undivine and unconscious parts. This is an inescapable spiritual law, which we can see operating in the individual as well as in the collectivity.

When the divine force succeeds in making an opening in a certain area of the earth-consciousness and is awarded with a renewed aspiration, the undivine forces also intensify their efforts, creating values and ideas which are utterly vacant of any higher truth. This eternal battle between darkness and Light becomes even more intense when a new and higher cycle is about to begin in the evolution of mankind, which is the case today.

With America's sincere and dynamic urge for progress, her present gropings and wanderings will pale into insignificance as we vision the promise and possibilities of her future fulfilment.

America is prominence in the outer world. America is confidence in the inner world. America is self-transcendence in God's Vision-Reality-World.

America's independence, humanity's self-awareness and Divinity's self-transcendence were one, inseparably one.



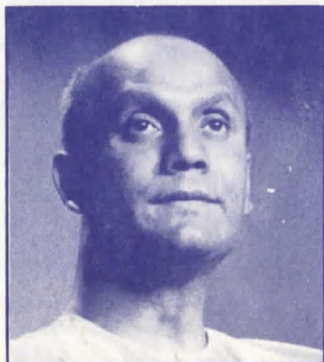
"O My America"

words and music by
Sri Chinmoy

J = 100

A-me-ri-ca, A-me-ri-ca, A---me-ri-cal Great you-- are,
good-- you- are, brave you-- are, kind you-- are.
O----- my A-me-----ri-ca, A-me-----ri-----ca-----
Your Hea-ven- free-----dom is earth's as-----pi--
ra-----tion - choice----- With you, in you, is
God - Hour's----- Vic-----t'ry-Voice---,
Voice----- A-me-ri-ca, A-me-ri-ca, A-----me-ri-cal
Great you-- are, good- you- are, brave you-- are, kind you-- are.
A-me-ri-ca, A-me-ri-ca, A---me-ri-cal

Another Upcoming Event



**EXISTENCE-
CONSCIOUSNESS- BLISS
Concert of
Original Spiritual Music
by Sri Chinmoy & his Disciples**
Saturday, July 10, 7:30 p.m.
Damrosch Amphitheater,
(Lincoln Center)
West 62nd Street between
Columbus & Amsterdam, NYC
For reservations,
Please call (212) 523-3471

